



## **OBLIGATORY EXAMINATIONS OF THE UCI MEDICAL MONITORING PROGRAMME IN MOUNTAIN-BIKE – TRACK - BMX**

*Version in force from 1<sup>st</sup> February 2013*

### **1. General**

- 1.1 In accordance with article 13.1.047 of the regulations, each examination in the medical monitoring shall include a clinical examination and the examinations stipulated below.
- 1.2 These examinations shall be carried out in such a way that their results are known and provide a basis for assessing the fitness of the cyclist before the end of the period in which they must be carried out.
- 1.3 The clinical examination is carried out by the **medical consultant appointed by the National Federation (NF) or by the doctor chosen by the athlete.**

### **2. Annual examination**

- 2.1 **Before the request for the license is submitted, the National Federation has to inform the rider of the exams he /she has to undergo:**

#### **1<sup>st</sup> period of examinations: January 1<sup>st</sup> to March 15<sup>th</sup>**

- *AN interview and clinical examination;*
- *A blood test including:*
  - *GLUCOSE*
  - *TOTAL CHOLESTEROL*
  - *TRIGLYCERIDES*
  - *FULL BLOOD COUNT*
  - *RETICULOCYTES*
  - *C-REACTIVE-PROTEIN or SEDIMENTATION RATE*
  - *FERRITIN*
  - *yGT*
  - *ALAT (GPT)*
  - *ASAT (GOT)*
  - *TOTAL PROTEINS or ALBUMIN*
- *A cardiological questionnaire*
- *A rest electrocardiogram (12 leads)*
- *A urinary stick*

- 2.2 The examination passed during the period from **1<sup>st</sup> May to 15<sup>th</sup> July** of each year (**2<sup>nd</sup> period**), shall include:

- *A blood test including:*
  - *FULL BLOOD COUNT*
  - *RETICULOCYTES*
  - *C-REACTIVE-PROTEIN or SEDIMENTATION RATE*
  - *FERRITIN*
  - *ALAT (GPT)*
  - *ASAT (GOT)*

- *CREATININE*

### **3. Recommended examinations**

It is recommended that cyclists undergo the following examinations:

- *Serology for :*
  - *HIV*
  - *HBV*
  - *HCV*
- *Anti-tetanus vaccination.*